

How Can I!!!

By Anne Ashley

Q. How can I make an ink for writing on glass, ivory, or other smooth surfaces?

A. Use 2 parts nitrate of silver, 20 parts gum arabic, 30 parts distilled water. Dissolve the gum arabic in two-thirds of the water, the nitrate of silver in the other third. Then mix, and add the desired color.

Q. How can I keep candles straight?

A. If the candles are given a coat of clear varnish, they will stand much straighter in their holders and can be wiped off and kept clean more easily.

Q. How can I deodorize bottles?

A. A good bottle deodorizer is black mustard seed. Pour a little of this seed with lukewarm water into the bottle. Then rinse it thoroughly.

That Body Of Yours

By James W. Barton, M.D.

DANGERS OF OBESITY

There is no question but what the "average" fat individual is good-natured. On the other hand, the greatly overweight individual (the obese) is not happy and he has no reason to be happy. At the last meeting of the American Medical Association in Chicago, one of the important "diseases" discussed was obesity.

For years our life insurance companies have been warning the greatly overweight about the dangers of obesity. What is considered just as important as the dangers of obesity is its disadvantages, particularly to women. Obesity prevents engaging in athletics, dancing and other social activities because of the "appearance" and also the person's awkwardness.

Fortunately, obesity is one disease in which the cause is known. About nineteen of every twenty obese individuals can cure themselves by cutting down on their food intake and the other one in twenty may need the help of a gland extract—thyroid, pituitary, adrenal and sex. But even when the underactive gland is to blame or partly to blame for obesity, there must always be also a reduction of the food intake.

Dr. Louis J. Dublin, the noted statistician of the Metropolitan Life Insurance Company, outlined some of the dangers of obesity, explaining why life insurance companies put a heavy penalty on it because it was a most frequent cause of damage to practically all the vital organs of the body—heart, blood vessels, kidneys—and is often a forerunner of diabetes. As stated before, the penalty life insurance companies place on the obese applicant for insurance is a heavy premium—as he or she may be paying the same amount of money as one many years older.

The main point emphasized to these physicians was that while there may be some stubborn cases where the drugs amphetamine and dinitrophenol may help to reduce weight, these drugs are not without danger and require medical supervision for safety.

Another point emphasized is that before trying to attain the weight recommended in the height and weight tables, the obese individual should study his physique because a long body and short legs should weigh more than a short body of the same height.

As obesity is now considered a disease, a physical examination should first be made by the family physician to make sure that it is safe to reduce weight.

Festive Gowns Shown By London Shops



Shop windows in London's fashionable West End sparkle with new gowns to herald the opening of the festive season. At left is a ball dress by Worth in printed striped rayon poul of champagne and black. Its easy flowing lines are accentuated by a deep shawl collar. Contrast is given by a band of pink satin that swathes the back bodice and slots through the front of the collar. (CP PHOTO)

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THIS day begins on a high note of energy and initiative, with the forces and faculties pitched to keen action and a quick grasp of clever ways and means for putting over ambitious programs. With skillful tactics and due preparation on original or novel lines, it would be possible to enlist support from high places. Ingenuity and bold strokes could assure public appreciation and inspired faith in one's goal.

For the Birthday

Those whose birthday it is may anticipate a lively and constructive year, with opportunity or public support for attaining advanced goals and cherished ambitions. Versatility, preparation and quick grasp of existing openings where influential cooperation is certain could promote ambitious plans. Bold initiative, sufficient self-confidence, might develop surprising culminations.

A child born on this day has splendid ability for a successful and progressive career, winning place and endorsement from influential sources.

Modern Etiquette

By Roberta Leo

Q. When one does not believe in the practice of tipping, isn't it one's privilege to omit it?

A. There is nothing compulsory about the custom of tipping. However, a person who makes a practice of omitting the tip in public places must be hard-shelled enough to ward off black looks from those who have served him, and possible accusations of "stinginess."

Q. Is a man obligated to give up his seat in a bus to some woman he knows?

A. While men no longer give up their seats in public conveyances indiscriminately to women, it still is considered the polite thing for them to extend this courtesy to women they know well.

Q. Where there is to be a double-ring marriage ceremony, who presents his ring first?

A. The bridegroom places his ring on the bride's finger first, and then the bride places her ring on the bridegroom's finger.

Alice Brooks Designs

LOOK MORE SLENDER

Designed for YOU! How much younger, smarter you look when you wear a slimming style! Choose rayon, cotton, wool. Embroidered collar, pocket-flaps in contrast. Pattern 7184: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Tissue pattern; transfer motifs; instructions. State size.

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by Alice Brooks

Better English

By G. A. Williams

1. What is wrong with this sentence? "We must co-operate together if we are to succeed."
2. What is the correct pronunciation of paean?
3. Which one of these words is misspelled? Forfeit, forse, focusing, financier.
4. What does the word "imperceptible" mean?
5. What is a word beginning with int that means "fearless"?

ANSWERS

1. Omit together. 2. Pronounce pe-an, e as in pea, a as in an, accent first syllable. 3. Forsee. 4. Very slight, gradual, or subtle. "The pause in his speech was almost imperceptible." 5. Intrepid.

Cook's Corner

COCOANUT DREAMS

One-half cup butter or shortening, ¼ cup icing sugar, 1 cup sifted cake flour, 2 eggs, 1½ cups firmly packed brown sugar, 2 tablespoons all-purpose flour, ½ teaspoon baking powder, 1 cup chopped pecans, ½ cup moist shredded coconut, 1 teaspoon grated lemon rind and 1 tablespoon lemon juice; last 2 ingredients are optional.

Cream the butter or shortening well, then cream the icing sugar into them, then the cake flour. Spread in 2 greased pans 8 x 8 inches. Spread with topping made of ingredients remaining. Beat eggs until very light and add brown sugar. Add flour and baking powder, which have been sifted together. Mix until smooth, then stir in nuts and coconut, and lemon rind and juice if used.

Spread over top of first mixture and bake at 375 degrees F. for 30 or 40 minutes. Remove from oven, cool a little, cut into squares in pan while warm. Remove from pan when cold.

Morning Smile

Cheap Transportation

Angus was displaying to his neighbor, McDonald, the second-hand car he'd bought. "It looks fine, mon," said McDonald, "but Ah'm thinkin' it'll be costing ye a lot in petrol." "No" so bad," replied Angus proudly. "Ye ken, it's downhill till the town, and I can get a tow home most days."

Brave

A room in the old Haunted Grange had been turned into a first-aid post for Home Guard manoeuvres. The staff were so keen that the thought of ghosts didn't worry them.

On the first night the nurse on duty heard strange noises in the corridor. Opening the door she saw a spectral figure with its head tacked underneath its arm.

"Dear, dear," she exclaimed brightly, "however did that happen? Come inside and we'll see what we can do."

Rheumatic PAIN

Good news for those who long for relief from rheumatic pain, but feel hopeless! Thousands get speedy relief from rheumatic and arthritic suffering by using T-R-C's. Don't let dull, wearisome aches, and sharp stabbing pains handicap you any longer. Try Templetton's T-R-C's today. Only 65c. \$1.35 at druggists. T-844



"Emily dear, what was the name of that delicious creamed corn we had at your house last night?"



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made only from cleaned corn kernels
A Product of Canada Packers

KING COLE TEA
ALWAYS at flavour peak!

Household Scrapbook

By Roberta Leo

Creased Rug

A bad crease in a rug should be taken care of as soon as possible or the nap will wear off along the crease very quickly. Turn the rug upside down and wet the crease until it is quite wet. Then stretch the rug tight and fasten with tacks and allow to remain until dry. When dry, apply a coat of shellac to the back of the rug and after that has dried, the rug may be returned to its correct position free of wrinkles.

Oak Stains

To make a good oak stain mix one quart of boiled linseed oil three gills of turpentine, six table-spoons of raw timber, and six table-spoons of whiting.

Raisins

The raisins will not stick to the food chopper if the chopper is heated in boiling water before running the raisins through it.

WORKS OVERNIGHT TO HELP CLEAR UP PIMPLES

See for yourself how promptly Cuticura Soap and Ointment bring relief. Mildly medicated. Buy at druggist.



DOROTHY DIX'S COLUMN—

Have Faith In Soldier Don't Let Your Belittling Friends Spoil Romance

DEAR MISS DIX: Jim and I have been going together for the past five years—since I was 15 and he was 16. We never discussed the question of going steady, but since our first date he has never gone with another girl nor I with another boy. We've had lots of nice, clean fun together, and as we grew older we looked forward, more and more, to seeing each other on week-ends, the only time we could go out, since we went to school. We never argued and I don't remember even one small misunderstanding.

Now Jim is in service and we are looking forward to marriage when he comes out. His parents and mine approve of our going together and know of our plans. They are all understanding and wonderful. Jim shows his love in many ways, besides telling me; he pays me compliments, turns up with pleasant surprises and does many other nice things to please me.

Now to my problem: I often tell the girls in the office of our happy times together and they try to discourage me by saying that men change when they are in service; that they get wild and irresponsible, run around with other girls and forget the "girl back home". It worries me because Jim is a good-looking boy and since I'm no raving beauty or sharp dresser he may forget all about me. The girls upset me very much when they tell me these things, because, after all, I know that they do happen. Is there any chance for an average girl to hold her man while he is away?

SUSY Q.

ANSWER: As I read your description of a well-nigh perfect romance, I dreaded coming to the problem, which I feared might be something to spoil everything for you. I was honestly quite relieved to know that your difficulty was not concerned with the more serious aspects of your relationship. True, idle gossip and malicious needling can be detrimental, but if you can assure yourself that the girls responsible for the upsetting tales are out to bring you worry and nothing else, you may learn to shrug off their stupid lies.

MOST BOYS STAY TRUE

While it cannot be denied that boys can be led astray, and can be lured from a sweetheart back home, these isolated cases are far outnumbered by the servicemen who remain true to their sweethearts or wives and come back better men than when they left. You must build up your confidence and faith in Jim with the conviction that it is most unlikely for him to change so drastically. He's a fine boy now, and will almost certainly continue to be so. If you should begin to doubt him now, that doubt will be communicated to him, whether you realize it or not. He has a big job ahead for the next two years; your confidence will be of tremendous help in aiding him to do it—don't fail him!

When your co-workers begin their morale-breaking stories, tell them you're not interested in such talk, that it is an insult, not only to your boy in service, but to every other boy. Because here and there one lad falls his folks back home, there is no reason to assume all young men will do likewise. Above all, don't let these girls see that they have worried you. That is their sole purpose, and don't give them the satisfaction of accomplishing it. You know Jim's character! Which will you believe, the fine boy you love or a bunch of catty women who hate to see anyone happy?

DEAR MISS DIX: I am writing this in hope that it will save some girl from the same mistake. I read a letter in your column recently from a girl who planned to marry a man who drinks. God help you, my dear. You will find no peace with a drunkard. I am 35, have three children, but our home is hell on earth because of my husband. Believe me, when a woman has to lead a man around the house, it's a heartache. I used to watch for him in case he would take the wrong turn and go down the cellar stairs, but God would take him now, I find myself wishing he were dead. I forgive me, as often now I find myself wishing he were dead. I will say in earnest, I go on only for the children. No woman can go on loving a man who drinks; he is two people, one you have loved, and one who brings shame to your home.

I have been waiting for 16 years but I can see now he is only getting worse, in spite of all promises. Please, friend, marry a man, not a rat.

MRS. F. W.

ANSWER: I have printed your letter verbatim, in hope that a message from one who knows may accomplish more than any preaching of mine. So many, many girls write me with the same question, "Should I marry a man who drinks?" Here's your answer.

DEAR DOROTHY DIX: After 24 years of marriage, my husband left me for a younger woman. He wanted a divorce, but had no grounds. I am 65, and would like to know if I am entitled to part of his old-age pension or social security.

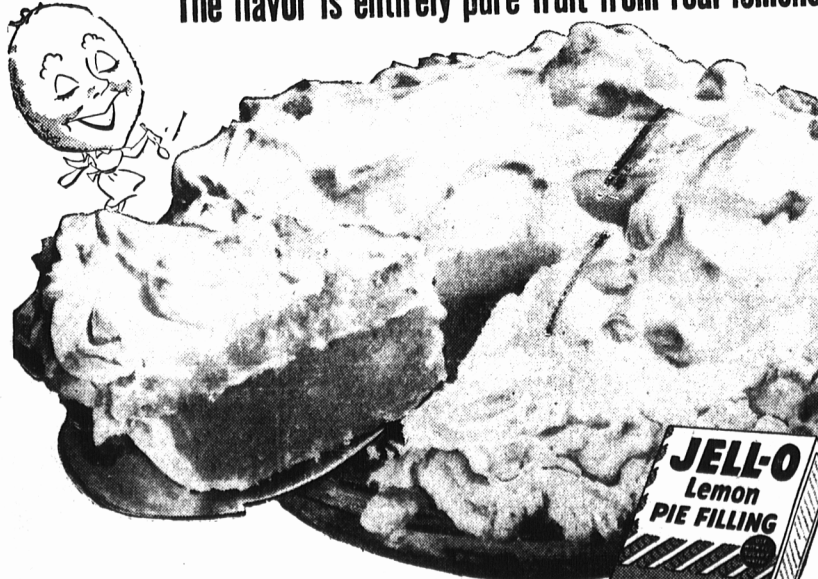
FLORA

ANSWER: Locate the Social Security Bureau in your city, listed in the telephone book under United States Government, Social Security Bureau. You will be given very considerate treatment, I assure you.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

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